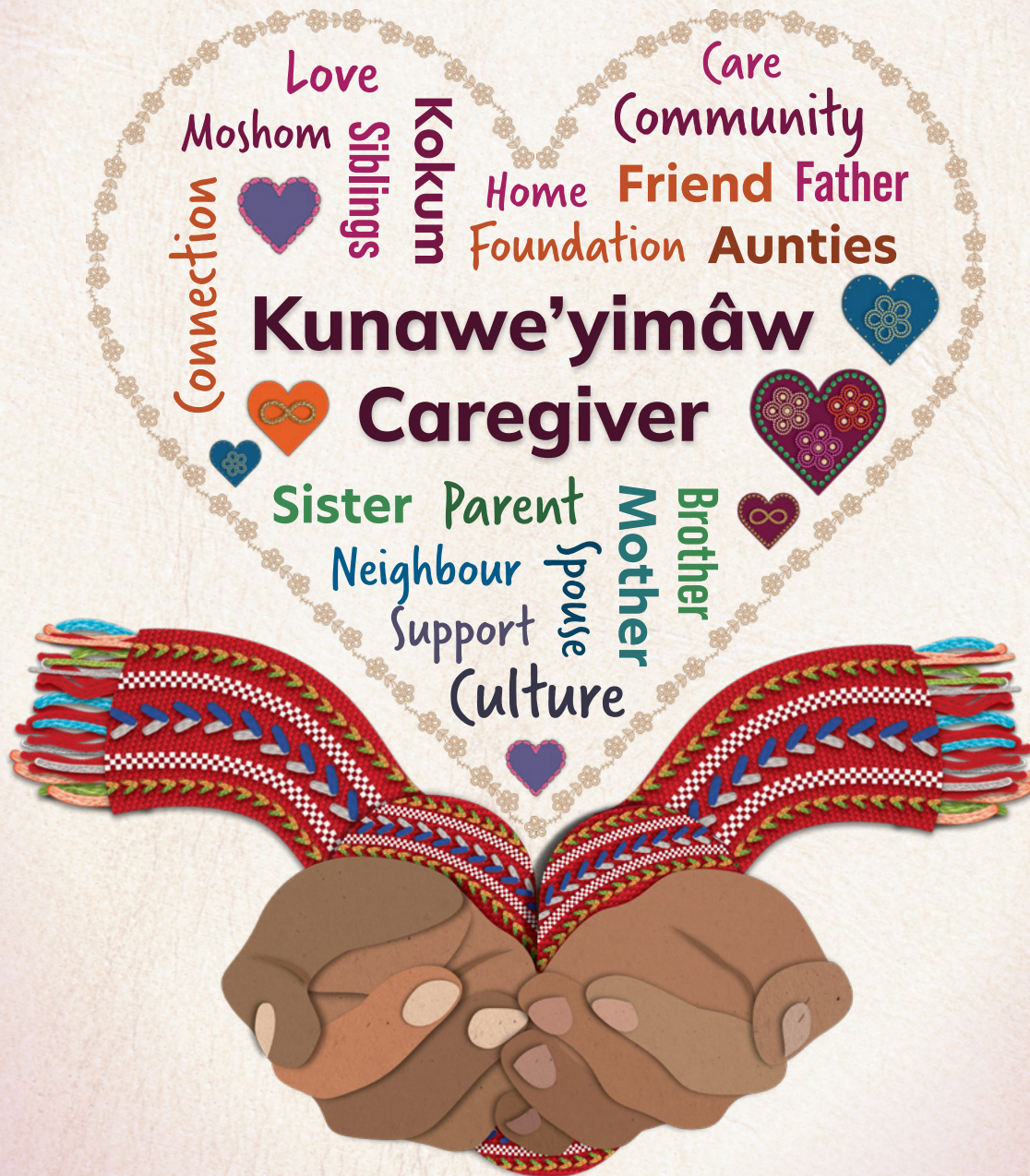


Supports and Services Navigation

National Caregiver Day Resource Booklet



**Supports and
Services Navigation**

Otipemisiwak Métis Government
Children and Family Services

780-455-2200
1-877-454-0684
ssn@metis.org

Delia Gray Building
11738 Kingsway Avenue NW
Edmonton, AB, T5G 0X5





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Otipemisiwak Métis Government



Our Website

Check out our website to stay up to date on all programs and services.
<https://albertametis.com/>



Supports and Services Navigator

The Supports and Services Navigator helps to direct Métis Albertans to various programs, supports, and resources appropriate to their specific needs. The SSN can provide advocacy and guidance to Métis Albertans as they navigate services to ensure appropriate supports and resources are being accessed.
SSN@metis.org



Métis Family Resource Program

The Métis Family Resource Program works hand in hand with our Métis community and Children Services to ensure Métis children are connected to their Nation, and are rooted in their inherent rights, distinct cultural identity, rich history, and vibrant community.
MFRP@metis.org



FASD Bridging Connections

Rooted in Métis culture and traditional values, this person-centered program serves Métis Albertans of all ages with FASD. We facilitate connections to Métis culture and community, FASD networks, assessments, and various services to meet the goals of the individual and their family.
FASD@metis.org

Housing

Métis Housing

1-877-458-8684



Mortgage Assistance

The Métis Capital Housing Corporation offers up to \$5,000 in mortgage assistance to successful applicants.
<https://www.metishousing.ca/programs/housing-programs/mortgage-assistance/>



Reaching Home

The Métis Capital Housing Corporation offers support to those facing homelessness and eviction, including short-term rentals, and financial, social, and medical resources.

<https://www.metishousing.ca/programs/housing-programs/reaching-home/>



Subsidized Housing

The Métis Capital Housing Corporation offers subsidized housing to keep the cost of housing as affordable as possible.

<https://www.metishousing.ca/housing/subsidized/>



Affordable Housing

The Métis Capital Housing Corporation offers rental properties at affordable rates to successful applicants.

<https://www.metishousing.ca/housing/affordable/>



Senior Housing

The Métis Capital Housing Corporation offers seniors' rental properties at the Renaissance Tower in Edmonton.

<https://www.metishousing.ca/housing/seniors/>



Alberta Affordable Housing Programs

The Government of Alberta subsidizes housing to ensure Albertans have housing options they can afford that meet their needs. There are four types of housing available:

- ✿ Community housing
- ✿ Seniors' lodges
- ✿ Seniors' apartments
- ✿ Special needs housing

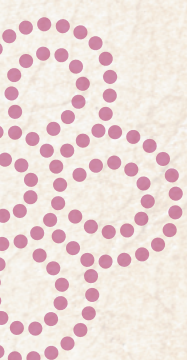
<https://www.alberta.ca/affordable-housing-programs>



Indigenous Housing First - Native Counselling Services of Alberta

Providing no more than 12 months of continuous supports, this program aims at helping Indigenous people become stabilized and move towards a reduced level of support from a Navigator who walks alongside them in their journey.

<https://www.ncsa.ca/programs/indigenous-housing-first-edmonton>



Financial



Alberta Child Care Subsidy

The Government of Alberta offers families child care subsidies to help cover the cost of child care for successful applicants.

<https://www.alberta.ca/child-care-subsidy>



Canada Child Benefit

The Government of Canada provides tax-free monthly payments to assist families with costs associated with raising children.

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>



Canada Child Disability Benefit

The Government of Canada provides tax-free monthly payments to families of children with severe or prolonged physical or mental disabilities.

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>



Canada Dental Benefit

The Government of Canada provides financial assistance to reduce dental costs for eligible families.

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html>



Income Support

Support for individuals and families to pay for basic living costs and other necessities.

<https://www.alberta.ca/income-support>



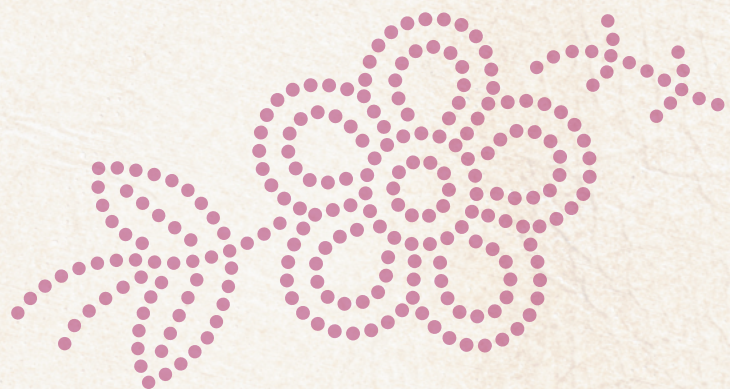
Assured Income for the Severely Handicapped (AISH)

<https://www.alberta.ca/aish>



Apeetogosan

<https://www.apeetogosan.com/>



Legal



Edmonton Community Legal Centre

A nonprofit agency that provides free legal services to those in Edmonton and Northern Alberta.

780-702-1725

<https://www.eclc.ca/>



Edmonton Community Legal Centre - Grande Prairie Location

A nonprofit agency that provides free legal services to those in Northern Alberta.

780-882-0036

<https://www.eclc.ca/>



Calgary Legal Guidance

A nonprofit organization dedicated to providing free legal guidance to those who do not have access to paid services.

403-234-9266

<https://clg.ab.ca/>



Lethbridge Legal Guidance Society

This society provides free legal assistance, information, and advocacy to individuals experiencing financial difficulties who need legal services and representation and who do not qualify for legal aid.

403-380-6338

<https://www.lethbridgelegalguidance.ca/>



Medicine Hat Legal Help Centre

This centre provides free legal information and advice to people with low-to-moderate income who have a legal issue but do not qualify for legal aid.

403-712-1021

<https://www.mhlhc.ca/>

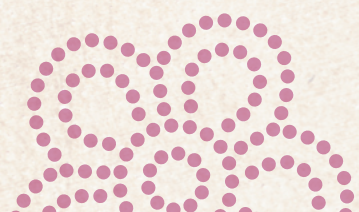
Connection to Culture



Métis Crossing

Visit the historic Métis Crossing to share Métis stories and engage in cultural activities.

<https://metiscrossing.com/>



FASD Caregiver Connect Nights

Our online support group is a warm and friendly space, grounded in Métis values of respect, sharing, caring, courage, and kindness. Meet new friends and learn new tips to help you celebrate strengths and navigate the challenges of FASD.



Community Information Sessions

Bi-monthly information sessions that cover a broad range of topics to increase awareness and knowledge among our citizens.

<https://albertametis.com/programs-services/children-family-services/community-information-sessions/>



Métis Mingles

In-person, free workshops that become the building blocks for family, well-being, and culture.

<https://albertametis.com/event/metis-mingle-building-blocks-for-family-well-being-and-culture/>

Emergency



Food Bank

Food banks provide families with food hampers to help with short-term food needs. Hampers typically last five to seven days and include a variety of items to help with food insecurity.

<https://foodbanksalberta.ca/>



Emergency Food Benefit

The Alberta Emergency Food Benefit provides money to Albertans to help with the cost of food. The benefit will be sent by an Interac e-transfer to successful applicants.

<https://emergencybenefits.alberta.ca/>



Emergency Financial Assistance

The Government of Alberta offers funding partnerships to support social services programming in communities.

<https://www.alberta.ca/emergency-financial-assistance>



Find a Shelter

<https://www.alberta.ca/find-shelters>



Health

MNA Health

A variety of health programs that include dental clinics, partnerships with the University of Alberta School of Dentistry, the Community Wellness Advocate for mental health supports, and the Opioid Wrap Around Support program.



Alberta Health Services

Alberta Health Services provides health services all throughout Alberta. For more information, or to find a specific service provided by Alberta Health Services, go to: https://www.albertahealthservices.ca/findhealth/Search.aspx?type=service#icon_banner

Indigenous Patient Navigator

This facility-based Indigenous cultural support program provides service to First Nations (Status and Non-Status), Métis, and Inuit clients and their families, to help them feel comfortable in hospital, make referrals, provide advocacy, and help plan and support a client's discharge from hospital. For more information, contact your local hospital and see if there is an Indigenous Patient Navigator available to support you and your family.

AHS Indigenous Support Line

This support line is for First Nation, Métis, and Inuit people living in Alberta, and can assist them on their health care journey.

1-844-944-4744



Alberta Indigenous Virtual Care Clinic

Indigenous Albertans can call to book a medical appointment with one of the doctors, and receive diagnostic, referral, prescription, requisition, and mental health services.

1-888-342-4822

<https://aivcc.ca/>



Smiles 4 Canada

This program helps provide orthodontic treatment to deserving young Canadians from low-income families who wouldn't be able to afford it otherwise. Applicants must be between 7 and 14 years old.

<https://www.smiles4canada.ca/>

Mental Health

Kids Help Phone

A 24/7 confidential service that provides mental health support to youth.
Call 1-800-668-6868 or text 686868

AHS Mental Health Helpline

A 24/7 confidential service that provides support, information, and referrals to Albertans experiencing mental health concerns.
1-877-303-2642



Indigenous Hope for Wellness Helpline

A 24/7 crisis helpline with experienced and culturally competent counsellors.
1-855-242-3310
Online chat services: www.hopeforwellness.ca

9-8-8

A 24/7 suicide crisis helpline
Call or text 9-8-8

Edmonton Distress Line

A 24/7 crisis helpline
780-482-4357

Calgary Distress Line

A 24/7 crisis helpline
403-266-4357

Southern Alberta Distress Line

A 24/7 crisis helpline
403-327-7905

Caregiver Supports



Caregivers Alberta

Website with links for resources for caregivers in Alberta.
<https://www.caregiversalberta.ca/resources/printable-resources/>



Caregiver Connections

Mental health supports for caregivers.

<https://alberta.cmha.ca/what-we-do/cmha-in-albertas-projects/caregiverconnections/>



EI Caregiving Benefits

Information on the types of EI supports for families having to take time off for someone who is critically ill.

<https://www.canada.ca/en/services/benefits/ei/caregiving.html>



Office of the Public Guardian and Trustee

Assists people with a variety of services, information, and resources to help with guardianship, trusteeship, assessments, etc.

<https://www.alberta.ca/opgt-supports>



Alberta Foster and Kinship Association

<https://www.afkaonline.ca/resources/foster-and-kinship-caregiver-resources/>

Education Supports



Rupertsland Institute

<https://www.rupertsland.org>



Métis Scholarships

<https://albertametis.com/programs-services/education-scholarships/>



Advancing Futures Bursary

<https://www.alberta.ca/advancing-futures>





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